



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Höing, Susanne

Total time: 1:22:16

Club: Tri Finish Münster
Number: 212

Course: 25.75 km
Sprint Triathlon (750 m, 20 km, 5 km)

Rank in course/Total: 56 (of 79)
Rank in course/Women: 10 (of 19)
Best time in course: 1:05:52

Category:
AK30 weiblich (30-39 Jahre)

Rank in category: 2(of 5)
Best time in the category: 1:22:03

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.75	15:48	21:03	3	2:38	11	5:34	0.75	15:48	21:03	3	2:38	11	5:34
Wechsel S -> R	-	1:50	-	4	0:38	14	0:55	0.75	17:38	23:30	3	3:16	12	6:29
Schwimmen Total	0.75	17:38	23:30	3	3:16	12	6:29	0.75	17:38	23:30	3	3:16	12	6:29
Rad netto	20.00	37:02	1:51	2	0:44	9	4:59	20.75	54:40	2:38	3	2:31	12	11:28
Wechsel R -> L	-	1:37	-	5	0:22	16	0:40	20.75	56:17	2:42	3	2:40	12	12:08
Rad Total	20.00	38:39	1:55	2	1:06	10	5:39	20.75	56:17	2:42	3	2:40	12	12:08
Lauf	5.00	25:59	5:11	1	-	11	5:49	25.75	1:22:16	3:11	2	0:13	10	16:24